

LUNCH MENU FOR THE MONTH OF OCTOBER 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Mon 01.10.18	Celery and Fuji Apple Soup	Beef Steak with Homemade Tomato Sauce	Grilled Vegetables	Pasta with Lentils		Chicken Makhanwala	Fish Ala Portuguese	Dauphinoise Potato	White Rice
			Aloo Beans Bhaji						Mexican Rice
			Anti Pasti Ragout						
Tue 02.10.18	Asparagus Soup		Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Korma	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Beetroot Thoran						
			Gobi Manchurian						
Wed 03.10.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta Casserole with Turkey, Vegetable and Cheese	Beef Stew with Baby Corn and Mushroom		Fish Fajitas	Balsamic Roast Potato Wedges	White Rice
			Mushroom Ala King						Lemon Rice
			Vegetable Korma						
Thu 04.10.18	Sweetcorn Soup		Steamed Vegetables	Shell Pasta Alla Ortolano	Chinese Pepper Steak	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Vegetable Ratatouille						
			Kaddu Channa						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.10.18	Broccoli Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Supreme	Fish Cajun with Tomato Sauce	Mashed Potato	White Rice
			Aloo Gobi Masala						
			American Chopsuey						
Mon 08.10.18	Pumpkin and New England Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Beef in Hong Kong Style	Chicken Salona (Local Style)		Creole Roast Potato	White Rice
			Beans and Red Pumpkin Curry						Vermicelli Rice
			Italian Vegetable						
Tue 09.10.18	Indonesian Carrot Soup		Steamed Vegetables	Rigatoni Primavera	Chili Con Carne	Chicken Tikka Masala	Fish Fillet Italian	Lyonnais Potato	White Rice
			Loubieh Bil Zeit						
			Paneer Jalfrezi						
Wed 10.10.18	Zucchini and Dill Soup	Grilled Fish Ala Greek	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Mongolian Style Chicken		Greek Style Potato	White Rice
			Spring Vegetable with Eggplant Cacciatore						Vegetable Rice
			Aloo Karela						
Thu 11.10.18	Home Style Vegetable Beef Soup		Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Kofta Kebab with Condiments	Chicken Tikka Biryani (Boneless)	Jamaican Brown Fish Stew	Parsley Potato	White Rice
			Aloo Mint Tikki Baked						
			Butter Beans Stew						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.10.18	Roast Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Tagine with Apricot	Chicken Teriyaki	Fish Biryani	Sautéed Potato with Onion and Garlic	White Rice
			Eggplant and Potato Curry						
			Vegetable Greek Style						
Mon 15.10.18	Potato, Onion and Leek Soup	Chicken Satay (Nut Free)	Grilled Vegetables	Mini Pasta Arabbiata with Turkey	Beef and Potato Curry		Fish Steak Layer with Eggplant, Tomato & Cinnamon Sauce	Mashed Apple and Potato	White Rice
			Vegetable Shepherd's Pie						Saffron Rice
			Shahi Korma						
Tue 16.10.18	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Pasta Shells with Grilled Chicken	Beef Irish Stew	Chicken Machboos		Anna Potato	White Rice
			Fasoulliah Bil Zeit						
			Aloo Bhindi Masala						
Wed 17.10.18	Lentil with Spinach Soup	Grilled Fish with Creole Sauce	Grilled Vegetables	Pasta with Diced Turkey in Alfredo Sauce	Roast Beef with Home Made Gravy	Butter Chicken		Champ Potato	White Rice
			Grandma's Veg. Casserole						Mushroom Rice
			Aloo Rajma Masala						
Thu 18.10.18	Hot and Sour Chicken Soup		Steamed Vegetables	Pasta Moong Bolognese	Beef Bourguignon	Chicken Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Baked Croquette Potato	White Rice
			Chinese Veggies Stir Fry						
			Cabbage and Potato Bhaji						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.10.18	Parsnip Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Chicken Marengo	Samak Machboos	French Bistro Potato	White Rice
			Green Beans and Mushroom Medley						
			Chole Palak						
Mon 22.10.18	Thai Style Pumpkin Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken		Broccoli Potato	White Rice
			Aloo Kaddu Curry						Vermicelli Rice
			California Mixed Vegetables						
Tue 23.10.18	Provençal Soup	Grilled Fish Fillet with Dill Sauce	Steamed Vegetables	Chicken Lo Mein Linguine Pasta	American Meatballs with Red Sauce	Chicken Escalope		Twice Baked Potato	White Rice
			Broccoli and Carrots with Mornay Sauce						
			Dahi Curry						
Wed 24.10.18	Egg Drop Soup	Grilled Fish Fillet with Capers Sauce	Grilled Vegetables	Bow Tie Pasta with Sundried Tomato and Turkey	Beef Steak with Puttanesca Sauce	Chicken Manchurian		Sumak Roasted Potato	White Rice
			Tendly Chana Bhaji						Garlic Rice
			Vegetable Fajita with Tofu						
Thu 25.10.18	Cauliflower Soup		Steamed Vegetables	Grilled Vegetable and Pasta Baked	Doud Basha	Chicken Tikka Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Vegetable Do Pyaza						
			Anti Pasti Ragout						

DUBAI INTERNATIONAL ACADEMY EMIRATES HILLS KG 1 & 2, GRADE 1 & 2 LUNCH BOX MENU FOR THE MONTH OF OCTOBER 2018

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
MONDAY 01.10.18	Chicken Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Vermicelli Pudding
TUESDAY 02.10.18	Fish Cake with Sweet Pepper Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencale Zesty Green Peas & Squash Savoury Roast Potato	Tuna Nicoise Salad	Halloumi Cheese Sandwich	Rock Melon Sticks
WEDNESDAY 03.10.18	Chicken Macaroni & Cheese Roasted Beetroots and Turnips	Macaroni & Cheese Roasted Beetroots and Turnips	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
THURSDAY 04.10.18	Mongolian Style Chicken Sauté Peas and Carrot Sticks Jasmine Rice	American Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice	Chicken Caesar Salad	Mango Paneer Sandwich	Mixed Melon

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 07/10/2018	Beef Stroganoff Carrots in Dill Lemon and Parsley Potato	Mushroom Stroganoff Carrots in Dill Lemon and Parsley Potato	Tuna Salad Sandwich in Whole Wheat Roll	Iceberg Sweet Corn and Orange Salad	Fruit Yoghurt
MONDAY 08/10/2018	Grilled Fish with Lemon Chive Sauce Honey-glazed Beetroots and Carrots Tomato Rice	Paneer Mutter with Light Curry Sauce Honey-glazed Beetroots and Carrots Tomato Rice	Chicken Tandoori Salad	Cheese and Tomato Sandwich	Fruit Trifle with Custard
TUESDAY 09/10/2018	Chicken Cacciatore Sauté Sweet Corn and Green Peas Coriander Potato	Vegetable Cacciatore Sauté Sweet Corn and Green Peas Coriander Potato	Roast Beef with Whole Wheat Bread	Pasta Salad with Artichoke	Fruit Salad
WEDNESDAY 10/10/2018	Pasta Formaggio with Turkey & Three Herbs Assorted Grilled Vegetables	Pasta in Pink Sauce with Asparagus & Artichoke Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Fresh Watermelon Cubes
THURSDAY 11/10/2018	Baked Chicken with Sautée Tomato and Pepper Sauce Sauté Green Beans Jasmine Rice	Vegetable Greek Style Sauté Green Beans Jasmine Rice	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Mohalabieh

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 14/10/2018	Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas Lemon Rice	Lemon Rice Vegetable Cacciatore Boiled Carrots and Sweet Peas Lemon Rice	Chicken Hawaiian Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 15/10/2018	Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas Creole Roast Potato	Mushroom Stroganoff Steamed Sweet Corn and Green Peas Creole Roast Potato	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
TUESDAY 16/10/2018	Fish Fillet Italian Sauté Cut Green Beans and Carrots Mint & Coriander Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mint & Coriander Rice	Tuna Chef Salad	Lentil Salad	Lemon Pie
WEDNESDAY 17/10/2018	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Mini Pasta with Spinach in Creamy Sauce Assorted Grilled Vegetables	Grilled Chicken Wrap	Panini Sandwich in Whole Wheat Roll	Rock Melon Cubes
THURSDAY 18/10/2018	Chicken Marengo Sauté Cabbage and Red Pumpkin Jasmine Rice	Vegetable Chopsuey Sauté Cabbage and Red Pumpkin Jasmine Rice	Beef Salad with Grilled Pepper and Mushroom	Rocca and Sweet Corn Salad	Apple Crumble

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 21/10/2018	Sweet Chicken Cube Masala Sauté Cabbage and Red Pumpkin Steamed Rice	Vegetable Makhanwala Sauté Cabbage and Red Pumpkin Steamed Rice	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Yoghurt
MONDAY 22/10/2018	Italian Meatballs in Tomato Sauce Sauté Peas and Carrots Chateau Potato	Vegetable Fajitas with Tofu Sauté Peas and Carrots Chateau Potato	Omelette in Tortilla Bread	Rocca & Sweet Corn Salad	Banana Oats Cake
TUESDAY 23/10/2018	Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots Vegetable Rice	Grandmas Vegetable Casserole Honey-glazed Beetroot and Carrots Vegetable Rice	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Watermelon Cubes
WEDNESDAY 24/10/2018	Shell Pasta Ala Ortolano Assorted Grilled Vegetable	Shell Pasta with Vegetables Assorted Grilled Vegetable	Tuna Sandwich in Multi Cereal Bread	Vegetable Tikka Sandwich	Sticky Toffee Pudding
THURSDAY 25/10/2018	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Oriental Chicken Salad	Russian Salad	Fruit Salad

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 28/10/2018	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajitas	Fruit Yoghurt
MONDAY 29/10/2018	Chicken Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
TUESDAY 30/10/2018	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Chinese Vegetable Stir-Fry Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi Cereal Bread	Russian Salad	Lemon Pie
WEDNESDAY 31/10/2018	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Ice berg Lettuce in Chappati Bread	Rocca and Sweet Corn Salad	Carrot Pudding